

FORT JACKSON - SOUTH CAROLINA

# Retiree Bulletin



VOLUME 1 \* 2015

## From the Chairman

Greetings from your Retiree Council. Our Fort Jackson Retiree Appreciation Days (RAD) events this year will extend from Wednesday, 13 May, through Saturday, 16 May. As always, it will be a chance to spend time at Fort Jackson and gain appreciation for what your installation does to support you and your Families, and share time with fellow Retirees and Veterans. As done yearly, there will be several opportunities to get together, renew old friendships, create new ones, and gain valuable information regarding the network of support available to you and your Families.

Once again, we will honor our Retiree constituency during the Basic Combat Training Graduation on Wednesday, 13 May, at 0900, on Hilton Field. The guest speaker will be COL (R) William Collier. There will be a free continental breakfast at the O'Club beginning at 0730, and, to avoid the traffic associated with the graduation, Retirees will be given transportation at 0830 to Hilton Field and returned back to the O' Club after the graduation. We will, again, have the option to march in the "Pass in Review" and we will have reserved VIP seating. It is a great opportunity to participate, be recognized and display for the parents and loved ones of our newest Soldiers the full military lifecycle and lifelong commitment that has sustained our Armed Forces and made our Nation great. On Thursday, 14 May, Victory Bingo will be held at 1400 and Silver Dollar Days Bowling at 1800. The annual Retiree Appreciation Days Golf Tournament will be Friday morning, 15 May, 0900, at the Fort Jackson Golf Club. The Retiree Health and Benefits Expo will take place Saturday morning, 16 May, at the Solomon Center from 0900-1300.

Enclosed in the bulletin is the Retiree Appreciation Days Flyer and sign up form with specific times and locations for the events and where to get additional information. Please take the time to read it thoroughly. The staff asks that we provide our RSVPs and payment, where applicable, as soon as possible. RSVPs are particularly important for the Thursday continental breakfast, graduation ceremony and participation in the Pass in Review. This will allow Fort Jackson to better anticipate requirements and support the events. We anticipate space being limited for all events; therefore, those interested in the graduation ceremony events and playing golf Friday should get their RSVPs in as soon as possible.

For those who have not attended the RAD in the past, this year is a great time to start. I strongly encourage all to attend. I think you will be very pleased with your experience. Hope to see you there.

The Council remains active at Fort Jackson and focused on your issues and needs. There is no greater responsibility for a Retiree than to help ensure the continued support of the men, women, and Families who have so selflessly served their Nation. Whether you retired many years ago or last week, the Retiree Council is here for you and interested in doing its best to represent your interests. We can't promise action or change on each individual issue, but we can assure you your input will be heard and considered,

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## From the Chairman (Continued from page 1)

and you will receive a response from us. Please seek us out when you need help or have questions. Our names and numbers are on the back of the bulletin, and we'll be visible and available at the RAD as well.

Another way to provide feedback to the installation about the RAD or other Retiree issues you deem appropriate is the Interactive Customer Evaluation (ICE) which you can access online through the Fort Jackson website homepage or through use of the ICE cards that are located at all key points of service on Fort Jackson. I encourage you to use whatever means you are most comfortable with to ensure you are heard.

Please read the bulletin cover to cover. You will find information of interest that may answer a question you have or provide you something you can use day to day. Should you have questions, please seek someone out at RAD or if you need immediate assistance call the Soldier for Life-Retirement Services Office at 803-751-6715/5523.

Many thanks to MG Becker, COL Shade, COL Beatty, COL Graese, CSM Hain, CSM Celestine, COL (Ret) Nahrwold, COL (Ret) Youmans and the entire Garrison staff; COL Crawford, CSM Sloan and their Moncrief Army Community Hospital staff; and the many other agencies across Fort Jackson for their continuing support of our community. We greatly appreciate your friendship, support, and efforts on our behalf.

All of us have a story to tell. A great way to continue our service is to find opportunities to tell that story to young men and women, their parents, and the community at large about the positive affects it has had on our lives and Families. Let's do all we can to continue encouraging America's youth to serve.

Finally, my sincere appreciation goes out to each of you for your service to our Nation and your continued support of

its interests. You and your Families can be very proud of the legacy of excellence and service you left behind. That legacy is embodied in today's outstanding leaders and Service Members. They protect us, our Nation, and its interests all around the world, most visibly, in the Middle East. Don't forget to say a prayer for all those great Americans who remain in harm's way and the Families that await their safe return. Thanks again to every Retiree and your Families for all you have done and continue to do to support our Armed Forces, our community, and our Nation. It is a privilege to serve you.

Have a great Spring and Summer. I'll look forward to seeing you at our Retiree Appreciation Days events in May. God Bless you, your Families, and the United States of America.

Very Respectfully,



Mike Molosso, Colonel, USA, Retired  
Chairman, Fort Jackson Retiree Council

## SPECIAL NOTICE

### *Retiree Services Special Notice*

Due to budget constraints, future correspondence may be provided electronically, via email and website. Therefore, we request you provide your email address to our Retirement Services Office at [usarmy.jackson.imcom-hq.mbx.dhr-rso@mail.mil](mailto:usarmy.jackson.imcom-hq.mbx.dhr-rso@mail.mil).

## FORT JACKSON LEADER

Stay informed on Fort Jackson events and issues by visiting [www.jackson.army.mil](http://www.jackson.army.mil) or access The Leader Online at [www.fortjacksonleader.com](http://www.fortjacksonleader.com)

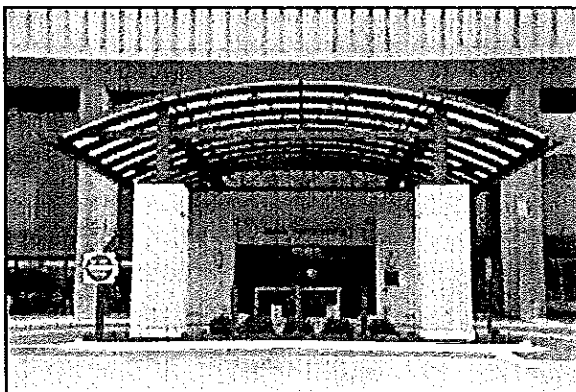


## Medical

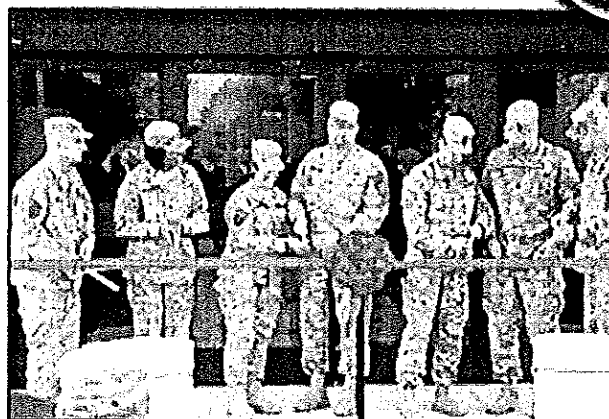
### Nationwide Telephone Scam Affecting TRICARE Beneficiaries

The TRICARE beneficiaries need to be aware of a telephone scam affecting beneficiaries over 65 and on Medicare nationwide. A caller will usually identify themselves as being an official Medicare vendor, and will then offer to sell you back braces. The caller may have specific information that makes the call seem official, typically your address, phone numbers, and doctor's name. The caller is hoping this will convince you they are a legitimate vendor and that you will give them your social security number and additional personal information. If you receive a call like this, DO NOT give any of your personal identifiable information, such as birth date, social security number, or banking information. The TRICARE never asks beneficiaries for this information when calling for an official Department of Defense survey. The Defense Health Agency (DHA) Program Integrity Office is closely monitoring this situation. If you receive a call of this nature, please do not provide your information and contact the DHA Program Integrity Office directly. For more information on fraud and abuse reporting, visit [www.TRICARE.mil/fraud](http://www.TRICARE.mil/fraud).

### New Entrance for Moncrief Army Community Hospital



Moncrief Army Community Hospital officially opened its newly renovated front entrance with a Ribbon Cutting Ceremony held on February 9th. Lieutenant General Patricia D. Horoho, Surgeon General of the



Army and Commander of U.S. Army Medical Command, attended the event and assisted in cutting the ribbon.

The completion of the project has resulted in an American's with Disabilities Act compliant entrance, a cover to protect drop off patients from inclement weather, an updated heating and cooling system in the front entrance area, and additional seating. The new front entry way also has a convenient entrance directly into the Moncrief Pharmacy.

### Thinking About Urgent Care? The Nurse Advice Line Can Help

When an urgent health problem arises, it is hard to know whether you should try to tough it out or seek medical care. Luckily, TRICARE beneficiaries can call the Nurse Advice Line (NAL) to get advice on their health care questions. Not all health problems require a visit with a medical specialist but a registered nurse (RN) at the NAL can help you make the decision on whether you should seek care at an urgent care center.

While going to an urgent care clinic for a high fever or a sprained ankle may seem like the easiest option, if you call the NAL first you can save time and money. The NAL is made up of a team of RNs who can answer your healthcare questions. There is always a live person on the line to answer your concerns. When you call, the nurse will ask several medical questions based on your symptoms. These questions were developed by physicians to help the RNs get the most accurate assessment of your medical problem. If you are not calling for yourself, please make sure that the Family Member in question is present so you can assess their condition as the nurse asks questions. If the person is over age 13, the nurse may ask to speak to them directly. Feel free to stay on another line or use a speakerphone option if that makes you more comfortable.



## Medical

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If self-care is recommended, the nurse may provide you with advice on home treatments and remedies. However, if you or your Family Member needs an urgent care appointment, the NAL will help you with the next steps. If you are on TRICARE Prime and enrolled to a Medical Treatment Facility (MTF) or clinic, the NAL will try to schedule a same or next-day appointment for you. If you are a TRICARE Prime beneficiary enrolled to an MTF and the NAL is unable to get you an appointment in your MTF when you need it, the NAL will follow-up with your MTF to ensure your urgent care referral is submitted. If you are a Prime beneficiary and receive care through the civilian network, and the NAL determines you need urgent care, contact your PCM for care or to obtain a referral to an urgent care facility. Claims for urgent care services without a referral may process as point of service, which has higher out-of-pocket costs. Please keep in mind that if you get urgent care from another provider without a referral from your PCM, or if the NAL did not recommend you seek urgent care, you will be using the point of service option. The NAL will advise beneficiaries on all other TRICARE plans to seek care within the network.

The NAL is a new and easy option for beneficiaries to get information on their medical problems quickly and at any time. To access the NAL, dial 1-800-TRICARE (874-2273) and select option 1. Get more information about the Nurse Advice Line on the TRICARE website at [www.tricare.mil](http://www.tricare.mil).

## ID Services

### ID Card Appointment Scheduler System

The ID Card Appointment Scheduler is a web-based system that will allow any ID card customer to make an appointment for an ID card by utilizing this system. This is a more effective management tool and will significantly reduce our customers' wait time. Appointment times range from 0940 – 1600,

Monday – Friday, and our hours of operation are Monday – Friday, 0800-1630.

All appointments are made on line by logging onto the Appointment Scheduler at <http://www.rapids-appointments.dmdc.osd.mil>.

Procedures for making an appointment are as follows:

- Log onto the Appointment Scheduler web site
- Click on the "Make Appointment" button
- Select a state – Select "SC" from the drop-down menu and then click "Go"
- Select a city – from the drop-down menu and then click "Next"
- Click "Select"
- Select date from available appointment dates
- Select time from available appointment times
- Fill in your information and click "Submit"
- Print your confirmation; the customer will also receive an e-mail confirming their appointment

Please arrive on time for your selected appointment.

**Valid Forms of Identification.** The Defense Enrollment and Eligibility Reporting System (DEERS) requires individuals to present two current and valid forms of identification when applying for a United States Uniformed Services Identification (ID) Card or a CAC. One of these forms of identification must be a valid federal or state picture identification card (unexpired). Examples of secondary forms of identification are a social security card, passport (unexpired), voter's registration card, school identification card, or a Green Card. Also, the sponsor must accompany the individual receiving an ID card. If the sponsor is unavailable, a General Power of Attorney or pre-verified DD Form 1172 (Application for Uniformed Services Identification Card - DEERS Enrollment) issued within the previous 90 days may be presented at the time of service. The hours of operation are Monday through Friday, 0800 – 1630. For more information, please contact Mr. Hampton, phone: (803) 751-6024, or email: [lamont.b.hampton.civ@mail.mil](mailto:lamont.b.hampton.civ@mail.mil).



## Family and MWR

### Why Golf ... Why NOT!!!

Have you ever thought about playing golf? Played in the past, but wondering how to start again? Here's a little secret. If you're brand new to the game of golf or wanting to start playing again, there's a perfect way for you to get comfortably started, get out on the course and have FUN! It's called Get Golf Ready. And it really works!

Get Golf Ready offers expert instruction designed for the new golfer, with five easy, fun and affordable lessons from a PGA professional. You'll learn the basics of golf rules, etiquette, fundamentals, and navigating the course. By the time you "graduate," you'll have the tools necessary to get out and play with confidence!

Real on-course playing opportunities are the best way to increase your comfort level, and that's what makes Get Golf Ready so much fun. If you can join Family, friends and colleagues that you already know, you'll love it even more! Once you're on the course, you'll quickly see that people are enjoying the experience. Just wait until the feeling you have of watching the ball fly up in the air off your club.

Now's the time to get off the couch and out of the house! The game of golf provides you a great opportunity to make new friends while getting some exercise. Recruit a friend or Family Member to join you for Get Golf Ready! Best of all, monthly Get Golf Ready classes are available by the staff of PGA professionals at Fort Jackson Golf Club! The five lesson, Get Golf Ready classes are only \$99! For more information call the Fort Jackson Golf Club at (803-787-4437) or go to <http://www.pga.com/play-golf-america/get-golf-ready> today!

### Family and MWR is Online!

To find information on everything Family and MWR has to offer, please visit...



**[www.fortjacksonmwr.com](http://www.fortjacksonmwr.com)**

## AER

### Army Emergency Relief Loan and Grant Consideration

Army Emergency Relief (AER) is a non-profit organization that provides emergency financial assistance to active duty Soldiers, retirees, and dependents with a valid ID card. In fiscal year 2014, the Fort Jackson AER Office provided nearly \$241,000 to retirees in the area. Historically, the majority of AER assistance is provided in the form of interest free loans. In most cases, individuals that are experiencing a temporary cash flow problem can repay a loan over an acceptable period of time without creating additional hardship. When making the decision to provide a loan versus a grant, the AER Caseworker will examine factors for consideration, nature of the request, and the financial situation. Providing AER financial assistance is done in a fair, equitable, and just manner. It would not be appropriate to provide assistance as a grant to individuals who are choosing to live above their means or exhibiting irresponsible behavior.

A grant is not provided simply because the monthly budget shows a deficit. The types of bills and expenses are compared to the household income and play a large factor in the decision. It would be unfair to provide a grant simply because a Soldier has acquired so much debt that a loan could not be repaid. If assistance is provided, it is more appropriate to provide a loan where repayment would be deferred to allow time to work with a financial counselor on a long term plan that results in behavior modification and a solution to the financial problem.

Army Community Service offers financial classes and one-on-one counseling to active duty and retired Soldiers. Counselors are trained to help ensure a Soldier's future financial success. For additional information on the AER program or to schedule an appointment with a counselor, contact Ms. Angela Crosland, Army Community Service, at (803) 751-5256.



# FORT JACKSON 2015 RETIREE APPRECIATION DAYS

## ARMY NAVY AIR FORCE MARINES COAST GUARD

### WEDNESDAY, MAY 13

#### » Continental Breakfast:

Starting at 7:30 a.m. at the Fort Jackson Officers Club. Enjoy free refreshments and board the buses at 8:30 a.m. for transportation to the Ceremony at Hilton Field. (Please RSVP)

#### » Basic Training Graduation Ceremony and Salute to Retirees:

9 a.m. at Hilton Field. The guest speaker will be Col (R) William P. Collier, Jr. Seating reserved in VIP area. Please RSVP below and indicate if you would like to participate in the pass in review. Call EOC at 751-5166 after 6:30 a.m. on the 12th in case of inclement weather.

### THURSDAY, MAY 14

#### » Silver Dollar Days at Century Lanes Bowling Center:

May 14th - 17th. \$1.00 Shoes, \$1.00 Bowling, \$1.00 Snack Bar Specials.

#### » Victory Bingo May Madness Buddy Session:

At Victory Bingo. Doors open at 2:00 p.m. Fun Games begin at 3:00 p.m. Free Buffet. Buddy Night - when you purchase a regular pack or computer pack, your friend gets one too. Early Birds begin at 6:30 p.m. Regular Bingo Session begins at 7:30 p.m. For more information, call 751-3411.

### FRIDAY, MAY 15

#### » Golf Tournament:

At Fort Jackson Golf Club, starting at 9:00 a.m. Captain's Choice. Member price is \$40 per person. Non-Member & Guest prices are \$50 per person. Price includes: cart and user fees, snacks, prize fund, BBQ lunch, range and green fees for non-members. Plus door prizes! Call FJGC 787-4437 for details. Please pre-register below or at the Fort Jackson Golf Club.

#### » AAFES In-Store Sale at the Main PX from 9:00 a.m. - 9:00 p.m.

#### » Commissary Case Lot Sale from 9:00 a.m. - 6:00 p.m.

### SATURDAY, MAY 16

#### » Retiree Health and Benefits Expo:

At the Solomon Center, Strom Thurmond Blvd, from 9:00 a.m. - 1:00 p.m. Moncrief Army Community Hospital will provide health screening and counseling booths to include blood pressure screening and mens and womens health counseling. Also featuring displays, information booths, discounts, refreshments, and door prizes! Agencies represented include: Combat Related Special Compensation, Tricare, Family and MWR, AAFES, Delta Dental, SC Dept of Veterans Affairs, Dorn VA Hospital, DENTAC, TREA, Defense Finance & Accounting, Armed Forces Retirement Home, AER, SJA, AUSA, Fort Jackson National Cemetery, ID Card Services (call 751-7731 for ID Card Information).

#### » AAFES In Store Sale at the Main PX from 9:00 a.m. - 9:00 p.m.

#### » Commissary Case Lot Sale from 9:00 a.m. - 6:00 p.m.

#### » Air Force Reserve Presents Tour for the Troops:

Free concert featuring Billy Currington with special guest Sam Grow. Concert begins at 7 p.m. at Hilton Field. Open to the public. No ticket required.

To register, please visit the information page 7-10:  
Family and MWR Business Operations,  
3692 Marjorie Ave., Fort Jackson, SC 29207

### SUNDAY, MAY 17

#### » No-Tap Bowling Tournament:

At Century Lanes Bowling Center at 2 p.m. Registration from 1:00 - 2:00 p.m. Only \$20. Price includes shoe rental and prizes. Note: No-Tap simply means that the first ball thrown will count as a strike if 8 pins fall (for women) and 9 pins fall (for men). Plus door prizes! Call 751-6138 for details. Register below or at Century Lanes Bowling Center. To register online, please visit: [www.fortjacksonmwr.com/signup](http://www.fortjacksonmwr.com/signup)

NEED A HOTEL? CALL VICTORY TRAVEL FOR SPECIAL GOVERNMENT RATES. 1-800-221-3503 OR (803)751-5812.

## Preventive Health Services in Adults

Test	Age (years)	How Often
Blood Pressure (Hypertension)	18 and older	Every office visit or yearly
Cholesterol (Hyperlipidemia)	35 and older	Every 5 years if levels are normal
Mammogram (Breast Cancer)	40 and older (women)	Every year
Pap Smear (Cervical Cancer)	21 and older (women) Sooner if sexually active	Every 1-3 years
Chlamydia (Chlamydial Infection)	25 or younger (women) If sexually active	Yearly until age 26
Colonoscopy (Colon Cancer)	50 and older	Every 5-10 years if normal
Stool Occult Blood (Colon Cancer)	50 and older	Every year
Bone Mineral Density (Osteoporosis)	65 and older (women)	Periodically

### FORT JACKSON 2015 RETIREE APPRECIATION DAYS REGISTRATION FORM

If you plan to participate in the golf tournament, ceremony and/or bowling tournament, please return this form by May 6, 2015 to: Family and MWR Business Operations, 3392 Magruder Ave., Fort Jackson, SC 29207. Payment will be collected at the door (where appropriate). You can also register at the Golf Club and Century Lanes.



FULL NAME: \_\_\_\_\_ RANK: \_\_\_\_\_

ADDRESS: \_\_\_\_\_ CITY: \_\_\_\_\_

STATE: \_\_\_\_\_ ZIP CODE: \_\_\_\_\_ PHONE: \_\_\_\_\_

SPOUSE/GUEST NAME: \_\_\_\_\_ EMAIL: \_\_\_\_\_

CONTINENTAL BREAKFAST: YES \_\_\_\_\_ NO \_\_\_\_\_ SPOUSE/GUEST: YES \_\_\_\_\_ NO \_\_\_\_\_

GRADUATION CEREMONY: YES \_\_\_\_\_ NO \_\_\_\_\_ PASS IN REVIEW: YES \_\_\_\_\_ NO \_\_\_\_\_ SPOUSE/GUEST: YES \_\_\_\_\_ NO \_\_\_\_\_

GOLF TOURNAMENT: \_\_\_\_\_ HANDICAP/AVG. 18 HOLE SCORE: \_\_\_\_\_

PLAYER 1: \_\_\_\_\_

PLAYER 2: \_\_\_\_\_

PLAYER 3: \_\_\_\_\_

PLAYER 4: \_\_\_\_\_

BOWLING TOURNAMENT: YES \_\_\_\_\_ NO \_\_\_\_\_ SPOUSE/GUEST: YES \_\_\_\_\_ NO \_\_\_\_\_